

**CLAIMS:**

1. A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said  
5 helmet comprising:
- (a) a shell comprising left and right side inner surfaces;
  - (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head; and
  - 10 (c) a wedging member located between one of said left and right side inner pads and one of said respective left and right side inner surfaces, said wedging member being movable between first and second positions, wherein, in said first position, one of said left and right side inner pads applies a first pressure upon the respective left and right side regions of  
15 the head, and in said second position, one of said left and right side inner pads applies a second pressure upon one of the respective left and right side regions of the head, said second pressure being greater than said first pressure.
- 20 2. A hockey helmet as defined in claim 1, wherein said wedging member is a left wedging member located between said left side inner pad and said left inner side surface of said shell, said helmet further comprising a right wedging member located between said right side inner pad and said right side inner surface of said shell, said left and right wedging members being independently  
25 movable between first and second positions to allow independent adjustment of the pressure applied on the head by each said right side inner pad and said left side inner pad.

3. A hockey helmet as defined in claim 2, wherein said left and right wedging members comprise respective left and right mechanical actuation devices that are accessible to the wearer for moving said left and right wedging members between said first and second positions.

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4. A hockey helmet as defined in claim 3, wherein said shell comprises left and right openings through which extend said left and right mechanical actuation devices, respectively.

- 10 5. A hockey helmet as defined in claim 4, wherein said left and right mechanical actuation devices project from said left and right wedging members respectively, and comprise respective left and right knobs that are accessible to the wearer such that the wearer can operate said left and right mechanical actuation devices

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6. A hockey helmet as defined in claim 5, wherein each of said left and right wedging members comprises a locking mechanism, said locking mechanism preventing said wedging member from moving unintentionally.

- 20 7. A hockey helmet as defined in claim 6, wherein said locking mechanism comprises a pair of overlapping portions capable to interlock with one another to prevent said wedging member from moving unintentionally.

- 25 8. A hockey helmet as defined in claim 7, wherein said overlapping portions comprise toothed sections allowing movement of said left and right wedging

members relative to the respective left and right side inner surface when said respective left and right knobs are displaced by the wearer.

- 5      9.      A hockey helmet as defined in claim 8 wherein each of said left and right wedging members comprises a panel having a variable thickness.
- 10      10.      A hockey helmet as defined in claim 8 wherein each of said left and right wedging members comprises a V-shaped projection with a variable height.
- 10      11.      A hockey helmet as defined in claim 10, wherein each of said left and right side inner pads comprises a V-shaped groove having a variable depth.
12.      A hockey helmet as defined in claim 11, wherein said V-shaped projection registers with said V-shaped groove.
- 15      13.      A hockey helmet as defined in claim 12, wherein said left and right side inner pads are made of expanded polypropylene (EPP) or expanded polyethylene (EPE).
- 20      14.      A hockey helmet as defined in claim 13, wherein said left and right side inner pads comprise respective left and right comfort liners affixed on an inner surface of said left and right side inner pads.

15. A hockey helmet as defined in claim 14, wherein said left and right comfort liners are made of polyvinyl chloride (PVC).
- 5 16. A hockey helmet as defined in claim 15, wherein said shell comprises a front shell and a rear shell.
17. A hockey helmet as defined in claim 16, further comprising a front inner pad and a top inner pad affixed on front and top inner surfaces of said front shell respectively, said front and top inner pad facing the crown region of the head.
- 10 18. A hockey helmet as defined in claim 17, further comprising a rear central inner pad and an occipital inner pad affixed on a rear inner surface of said rear shell, said rear central and occipital inner pads facing the respective back and occipital regions of the head.
- 15 19. A hockey helmet as defined in claim 18, further comprising a front comfort liner affixed on an inner surface of said front inner pad and a top comfort liner affixed on an inner surface of said top inner pad.
- 20 20. A hockey helmet as defined in claim 16, wherein said front shell is movable relative to said rear shell for allowing size adjustment of said helmet.
21. A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:
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- 5 (a) a shell comprising left and right side inner surfaces; and
- (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head, said left and right side inner pads being movable between a first position, wherein said left and right side inner pads apply a first pressure upon the respective left and right side regions of the head, to a second position, wherein said left and right side inner pads apply a second pressure upon the respective left and right side regions of the head, said second pressure being greater than said first pressure.
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22. A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:

- 15 (a) a shell comprising left and right side inner surfaces;
- (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head; and
- (c) a wedging member located between one of said left and right side inner pads and said respective left and right side inner surfaces, said wedging member being selectively movable to vary the distance between the one of said left and right side inner pads and the respective left and right side inner surfaces, to adjust a fit of said helmet on the head of the wearer.
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23. A hockey helmet as defined in claim 22, wherein said wedging member is a left wedging member located between said left side inner pad and said left

inner side surface, said helmet further comprising a right wedging member located between said right side inner pad and said right side inner surface, said left and right wedging members being independently movable to adjust a fit of said helmet on the head of the wearer.

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24. A hockey helmet as defined in claim 23, wherein said left and right wedging members comprise respective left and right mechanical actuation devices that are accessible to the wearer for moving said left and right wedging members.

10 25. A hockey helmet as defined in claim 24, wherein said left and right mechanical actuation devices comprise respective left and right knobs that are accessible to the wearer such that the wearer can operate said left and right mechanical actuation devices

15 26. A hockey helmet as defined in claim 25, wherein each of said left and right wedging members comprises a locking mechanism, said locking mechanism preventing said wedging member from moving unintentionally.

20 27. A hockey helmet for receiving a head of a wearer, the head having left and right side regions, said helmet comprising:

- (a) a shell comprising left and right side inner surfaces;
- (b) left and right side inner pads at least partially covering said left and right side inner surfaces of said shell, said left and right side inner pads facing the respective left and right side regions of the head; and

5 (c) a mechanical actuation device coupled to one of said left and right side inner pads, said mechanical actuation device being operable by the wearer from outside the helmet to cause displacement of the one of said left and right side inner pads for adjusting the fit of the helmet on the head of the wearer.

10 28. A hockey helmet as defined in claim 27, comprising a mechanical actuation device coupled with each of said left and right side inner pads, each mechanical actuation device being independently operable from the other mechanical actuation device from outside said helmet.

15 29. A hockey helmet as defined in claim 28, wherein each mechanical actuation device comprises a component projecting outside said helmet, the wearer operating said mechanical actuation device by moving said component.

30. A hockey helmet as defined in claim 29, wherein said component is knob shaped.

20 31. A hockey helmet as defined in claim 30, wherein the wearer operates said mechanical actuation device manually sliding said component.

32. A hockey helmet as defined in claim 31, wherein said mechanical actuation device comprises a wedging member.

33. A hockey helmet as defined in claim 32, wherein said wedging member is positioned between the one of said left and right side inner pads and a corresponding one of said left and right side regions.
- 5 34. A hockey helmet as defined in claim 33, the operation of said mechanical actuation device causes displacement of said wedging member, that in turn causes movement of the one of said left and right side inner pads toward one of the respective left and right side regions of the head.
- 10 35. A hockey helmet as defined in claim 34, wherein said wedging member has a variable thickness.
- 15 36. A hockey helmet as defined in claim 35, wherein each mechanical actuation device comprises interlocking parts that prevent unwanted operation of said mechanical actuation device.